

# the shelton chronicle

A Publication for the Faculty and Staff  
of Shelton State Community College

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## THIS MONTH AT SHELTON

### MONDAY CONCERT SERIES

The dance department from the University of Alabama will present a program as part of Shelton's Monday Concert Series on November 21. The performance will be held in the Skyland Campus auditorium at 1 p.m. There is no admission charge.

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### WOMEN'S BASKETBALL SCHEDULE

*Nov. 16:* Gadsden State  
Here 6 p.m.  
*Nov. 20* Bevill State  
Fayette 5:30 pm.  
*Nov. 30* Gadsden State  
Gadsden 5:30 p.m.  
All games will be played in  
the Central High School  
East Gymnasium.

### MENS BASKETBALL SCHEDULE

*Nov. 16:* Walker  
College Home 8 p.m.  
*Nov. 18-19:* O.W.C.C  
Ft. Walton TBA  
*Nov. 22* Bevill State  
Fayette 7:30 p.m.  
*Nov. 30:* Gadsden State  
Gadsden 7:30 p.m.  
All home games will be  
played at the Central High  
School East Gymnasium

### SHELTON'S ANTIQUES CLASS

*Nov. 17:* Victorian  
Handles, Adaptive  
Decorative Use. Dwight  
Hodges, Koscuisko,  
Mississippi, 2 p.m.

### THANKSGIVING LUNCHEON

Shelton's annual  
Thanksgiving luncheon for  
the faculty and staff will be  
held on Friday, November  
18, at 12:30 p.m. at the  
Fifteenth Street Campus  
cafeteria. There will be no  
tickets sold at the door.

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## FACES AND PLACES

Taking his cues from  
Percy Shelley's "A Defense  
of Poetry" and from the  
Biblical admonition that  
one must "lose his life in  
order to gain it," instructor,  
author, and lecturer Rick  
Shelton recently talked  
about the relationship  
between readers and  
literature while speaking on  
the Judson College campus  
in Marion, Alabama.

"Losing Yourself:  
Literature, Compassion,  
and the Sources of  
Wonder" was the subject  
for the evening and focused  
on literature's ability to  
"draw us out" and on the  
consequences of our  
following where the words  
lead us. Shelton also read  
from his poetry and fiction  
as part of the presentation,  
including selections from  
his children's novel, *THE  
TREE AT THE CENTER  
OF THE WORLD*.

Shelton's poems and  
stories have appeared in a  
number of publications.  
His first children's novel,

SHELTON STATE COMMUNITY COLLEGE  
Record Series. *Newsletter*  
File: *EG-1-12-5*  
Date: *3-21-97*



**HOGGLE'S  
CHRISTMAS**, was  
published in 1993.

Another children's novel  
has been completed and he  
is working on a third.  
Shelton is a member of the  
student services staff and a  
part-time instructor at  
Shelton.

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#### **KUBISZYN RETURNS FROM JAPAN**

Lucy Kubiszyn,  
director of public relations  
and alumni affairs for the  
college, returned this past  
week from Japan where  
she was part of the  
Tuscaloosa Sister City  
delegation. Other  
representatives from  
Tuscaloosa included:  
Mayor Al DuPont;  
Tuscaloosa City Schools  
superintendent Dr. Robert  
Winters and his wife,  
Bonnie; Sue Shelton, who  
is president of the Women's  
Division of the Chamber of  
Commerce; and Lilly  
Misra, who is a staff  
associate at the Japan  
Culture & Information  
Center at the University of  
Alabama. While in  
Narashino, the delegates  
attended the city's 40th  
anniversary. Narashino is  
located about 20 miles  
from Tokyo and became a  
city after World War II.

#### **OUTSTANDING FACULTY, STAFF, AND ADMINISTRATION NAMED FOR COLLEGE**

Shelton State's  
outstanding faculty, staff,  
and administrative  
representatives were  
recently selected by the  
college and will represent  
Shelton at the annual  
Alabama College  
Association meeting in  
Mobile, November 20-22.

Representing the  
college are: Ruby Gibbs  
Miller, junior college  
faculty; James Avery  
Logan, technical college  
faculty; Ruth Murray,  
support staff; and Rick  
Rogers, administration.

Mrs. Miller is described  
in her nomination form as a  
"superior teacher and a  
highly effective and  
efficient chairperson." She  
is a super motivator of  
students and helped  
develop the common  
course syllabi at the  
college. She also chairs  
the team that supervises the  
registration process.

After joining the  
Shelton faculty in 1991,  
James "Sonny" Logan took  
"an outdated program with  
dwindling enrollments and  
turned it into a thriving  
one." All of his air  
conditioning and

refrigeration students who  
took the EPA National  
Refrigeration Certification  
Test made a passing grade.

Mrs. Murray's office is  
described in her nomination  
form as one of the most  
"effectively run teams at  
the college." During an  
average month, she  
supervises the processing  
of over 450 purchase  
orders and pays invoices  
that total over an average  
of \$800,000.00.

Rick Rogers joined the  
Shelton team over four  
years ago and since that  
time, he has supervised the  
college's Title III Grant,  
established comprehensive  
personnel and development  
offices, and completed  
special projects. Currently,  
he is coordinating the  
planning and construction  
process of the college's  
new campus. He is also  
leading a capital campaign  
effort to raise \$1.2 million  
in private funds.

#### **JOHNSON EXHIBITS WORK AT COLLEGE**

Carole Johnson continues  
to exhibit her many-faceted  
talents in a variety of forms  
and media, including  
painting, drawing,  
sculpture, and  
photography. Johnson,  
who is a member of the full  
time English faculty at the  
college, is currently  
exhibiting a display of her



photographs in the library located on the college's Skyland Campus. The show is entitled "Mammals" and includes photographs taken in 1993 and 1994. The show will continue through December 15.

Johnson also completed a show at the University of Alabama recently.

#### **HENDRICKSON EXHIBITS AT JLT ART GALLERY**

Shelly Hendrickson, a part-time instructor at the college, is exhibiting recent drawings and paintings at the Junior League Art Gallery through December 22 at the Bama Theater. The opening reception will be Sunday, November 20, from 3-4:30 p.m. at the Bama Theater.

## **ABOUT OUR STUDENTS**

### **STUDENT GOVERNMENT ASSOCIATION THANKSGIVING ADOPT-A-FAMILY PROJECT**

The Shelton State Student Government Association has adopted a family for this Thanksgiving holiday. The family is a member of

our local community and consists of a mother and four children. A box for the family will be placed in the SGA office located on the Skyland Campus. Anyone who would like to donate items but cannot come by the Skyland Campus may contact the SGA at 391-2306 between the hours of 10 a.m.-2 p.m. on Monday, Wednesday and Friday. All donations will be greatly appreciated. Items such as canned foods, blankets are especially needed. Please support your SGA and help a family in need.

#### **WINNERS ANNOUNCED FOR HALLOWEEN WRITING CONTEST**

Winners in the third annual Halloween writing contest in Ric Dice's creative writing class were announced recently. First Place went to "The Frankenstein Interview," a parody/satire of the news game by Hank Stevens. The Second Place prize went to Otis Clarke for his story "Of Cats and Men," a wonderfully imaginative tale of a ghostly cat.

#### **TOTAL QUALITY MANAGEMENT UPDATE**

"TQM has been quite an experience for me. TQM

has afforded me the opportunity to grow personally as well as professionally.

I feel that in order to get the full experience of TQM you have to have an open mind. During our sessions we enjoy the opportunity of fellowship, as well as getting to know each other on a personal level.

When you go through the TQM process, you learn different techniques that can be implemented at every level of the institution -- from the classroom to the boardroom. Each module builds on the other, therefore giving you a strong foundation in order to move the organization in a positive direction.

As with every situation, there are also obstacles. One of these obstacles is the time constraints on each individual's schedule. We all understand that our plates are already overflowing, but if you go through the TQM training maybe then we can find ways to start clearing our plates. Maybe some day we can all become members of the clean-plate club!

My challenge to each of you is to undergo your TQM experience as soon as possible and not only



will there be a New Time,  
New World, New Shelton,  
but a BETTER  
SHELTON."

*This was written by a  
member of the college's  
faculty who is currently  
participating in a TQM  
class.*

## **TRAVEL AND TOURISM PROGRAM RECEIVES AHMA APPROVAL**

Shelton's travel and tourism program recently received approval as an academic partner from the American Hotel and Motel Association (AHMA). This approval, according to director Terry Merritt, means that Shelton's program is now recognized at the national level by one of the most prestigious educational approving boards for the area of travel and tourism.

## **10 TIPS FOR GOOD HEALTH AND SAFETY**

- 1) Get a flu shot in the fall as a form of prevention, especially if you are susceptible to upper respiratory problems.
- 2) Take medicine according to weight, not age, and always ask your pharmacist and your doctor about possible side effects.
- 3) To prevent heart attacks, change to a low-fat nutritional diet plan, stay away from hydrogenated food products, and exercise aerobically at least three days a week for 20 minutes or more.
- 4) Home videos are a good way to exercise and to increase fitness if you do not have the time to join a club.
- 5) Women who smoke are 25% more likely to die of breast cancer than non smokers or ex-smokers. Quit smoking for good health.
- 6) Find ways to reduce stress to improve your health. Try weekend get-a-ways, exercise, prayer, quiet time, just to name a few. You need someone

to hug and someone to talk to.

- 7) When attending a convention or a meeting, do not wear your name badge outside on the street; it calls attention to the fact that you are from out of town.
- 8) Always wear your seat belt when driving even if you are only driving a short distance.
- 9) Find ways to put muscle on your body through a modified weight training program or simple isometric contractions. It will improve your metabolism and prevent osteoporosis.
- 10) Find ways to add calcium to your diet. Good low fat and no fat yogurt are a tasty way to add calcium to your diet. Calcium is good for muscle contraction and bone density.

*Many thanks to Milady  
Murphy and the Wellness  
Center for these 10 tips.*